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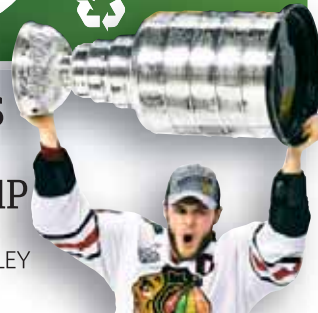
Mon to Thur: 3-8, Sat, Sun & Mon 12-5

Shock and awe: Berlusconi sentenced

Former Italian premier gets 7
years in sex-for-hire trial **PAGE 9**

BLACKHAWKS UP: CHICAGO TAKES THE CUP

BOSTON BRUINS
DEFEATED 3-2 IN STANLEY
CUP FINAL **PAGE 28**



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A member of a cleanup crew hard at work, getting the Calgary Stampede grounds ready on Monday. Stampede officials say the 2013 event is a go. JEFF MCINTOSH/THE CANADIAN PRESS

Province offers 'cash cards' to flood victims

Commuter troubles.
Calgary's LRT tracks
suffer damage 'never
seen' before: Official

JEREMY NOLAIS &
ROBSON FLETCHER
Metro in Calgary

The premier pledged an extra \$1 billion Monday on top of \$200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

"I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities," Alison Redford told reporters in Calgary.

Water began spilling over

banks on Thursday, affecting nearly 30 communities through the weekend and into Monday.

Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing in a matter of 48 hours in the form of "cash cards," which will help people who might have fled their homes without access to banking, Redford said.

She added that the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

In Calgary, focus shifted to restoring the city's downtown core, though officials said the first major power grid likely wouldn't be restored until Tuesday evening.

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Those who qualify will receive cash cards with \$1,250 per adult and \$500 per child.

Even when work does restart, the city faces the prospect of operating without its south LRT transit line, which sustained damage "never seen" before as water splashed into the city Friday, said Calgary Transit director Doug Morgan. Two tunnels continue to be partially submerged and must be completely pumped before damage assessments can be done.

Calgary Mayor Naheed Nenshi said it would be "a miracle" if the electrical systems in the tunnels had incurred no damage.

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VEHICLE HISTORY REPORTS

Experiment. Youth worker gives Twitter password to high-risk kids

Over the past two weeks, Mark Cherrington has tweeted about an 11-year-old needle drug user, an 18-year-old girl who broke her neck in a botched suicide attempt, and a single mom of five with another baby on the way.

The Edmonton youth worker regularly sends hauntingly honest tweets about his job and the high-risk kids he works with, and his Twitter account will soon be handed over to some of those youth.

"Social media, for me, is much more than posting of sunsets and sunrises and half-eaten cakes and status updates," he said Monday.

Cherrington has come to rely on Twitter as a tool to educate others and advocate for the youth he works with.

Starting Tuesday, some of those kids will have access to his account and password while Cherrington enjoys a 10-day out-of-country vacation.

"This might be brilliantly wonderful or a wonderful disaster," he said.

It's an experiment he said was born out of worry.

Cherrington regularly turns to Twitter to ask Edmontonians for help supporting the hundreds of youth he works with.

Roaming fees prevent the youth worker from taking his cellphone on vacation and he sees handing over his password as a way to allow high-risk kids to still access community support, if needed.

"We have a responsibility, all of us, to look after each other," he said.

ANNALISE KLINGBEIL/METRO

To the finish! Edmonton resident and his brother form Amazing Race team

An Edmonton resident will have a shot at winning the inaugural Amazing Race Canada.

The first two teams for the reality show were announced Monday, and include 32-year-old labour-relations officer Cory Mitic, who calls Edmonton home, and his brother Jody, 36.

Jody, who lives in Ottawa and is a motivational speaker, lost his legs in Afghanistan in 2007 after stepping on a landmine. He now has prosthetics.

More teams will be an-



Jody, left, and Cory Mitic.
CONTRIBUTED/CTV.CA

nounced this week. The Amazing Race Canada, hosted by Jon Montgomery, premieres July 15. METRO

Two vehicles caught fire. RCMP investigating fatal crash on Highway 63

RCMP detoured traffic on Highway 63 Monday after a fatal crash at the junction of Highway 663 left an undetermined number of people dead.

In a release, Boyle RCMP said they responded to the crash at 4 a.m., when it appears a small vehicle travelling on Highway 663 entered Highway 63 and struck the side of a semi-tractor-trailer hauling gasoline.

Both vehicles then caught

Identities unknown

RCMP are working to determine the number of occupants in the small vehicle, as well as their identities.

fire, said RCMP.

The driver of the semi-tractor-trailer escaped with minor injuries, while there were no survivors in the other vehicle. METRO

Fire hydrants may soon serve as taxi zones

Benefits. Expectations include greater access to taxis downtown, protection for hydrants and more



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Those looking to hail a cab, especially downtown, may soon need to look no further than the nearest fire hydrant.

The idea of street space in front of selected hydrants — where currently no vehicle is permitted to stop — designated as taxi zones received support from city council's executive committee Monday.

There are zones for cabs to pick up and drop off passengers throughout the city (including late-night spots



Cab drivers may soon be able to stop at specific fire hydrants, mainly in downtown Edmonton, in order to pick up or drop off passengers. METRO FILE

on Whyte Avenue and Jasper Avenue), but few downtown, said Scott Mackie, the city's manager of current planning.

"(It's) one of the things that we've reduced in the

downtown," he said. "Part of it because of parking pressures.

"This gives more flexibility to them."

Balraj Manhas, president

In Calgary

100+

The City of Calgary piloted taxi hydrant zones in 2011 and expanded the program in 2012. Calgary now has more than 100 of the zones.

of the United Cabbies Association of Edmonton, agrees.

"It's very convenient for the passengers," he said. "And the drivers."

The change requires a by-law amendment, which will be up to city council.

Coun. Amarjeet Sohi thinks it will go forward, and noted it as a positive.

Should the bylaw change, administration will select the zone locations, and drivers would be required to remain in their taxis and move if asked.

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Scoured, twisted track beds shut down Calgary LRT

Flood damage. Officials hope to repair and reopen track in time for Calgary Stampede



JEREMY NOLAÏS
Metro in Calgary

Calgary Transit is working feverishly to restore LRT service in the city's downtown core, but officials say they are dealing with damage "never seen" before on the south track and it will remain out of commission until at least the start of Stampede.

A briefing on Monday marked the first time transit officials provided timelines for repairing the damaged line since floodwaters poured over the tracks on Friday.

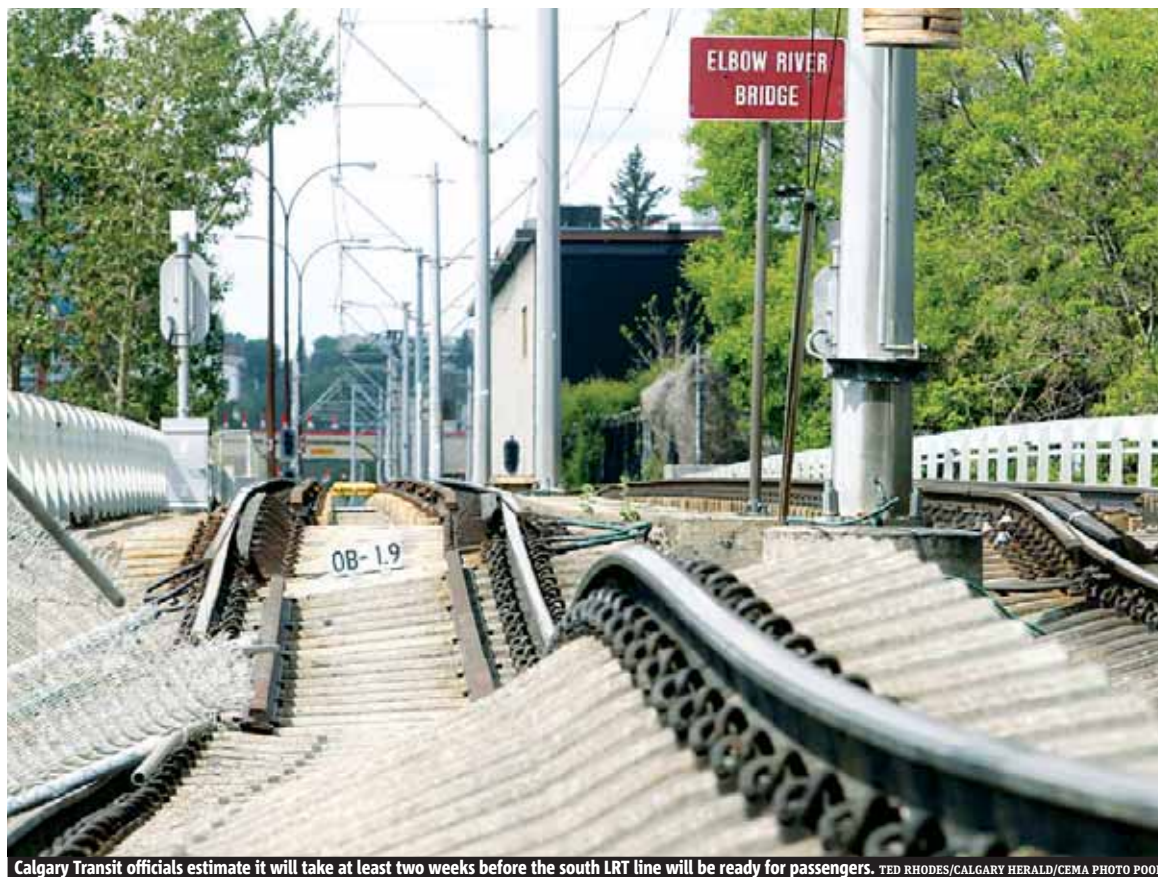
Bridge approaches, in particular, have seen a series of hills form where the track once ran relatively straight.

"That was the Bow River overflowing into banks and scouring away the track beds that the track sits on and pulling that material out, which then causes the deformation," director Doug Morgan said.

As well, two LRT tunnels along the line continue to be partly submerged and must be pumped before assessments can be done.

Calgary Mayor Naheed Nenshi said it would be "a miracle" if no damage had been incurred on the electrical systems in the tunnels.

Morgan said he believed it would take at least two



Calgary Transit officials estimate it will take at least two weeks before the south LRT line will be ready for passengers. TED RHODES/CALGARY HERALD/CEMA PHOTO POOL

weeks to restore service, with officials gunning for the start of Stampede on July 5.

Commuters did receive some good news during Monday's briefing, as city roads director Ryan Jestin said Macleod Trail adjacent to the damaged tracks would likely reopen on Tuesday, despite whole pieces of the road be-

ing broken away by strong currents.

Other bridges leading into and out of the downtown core would also reopen, Jestin pledged.

"I was there an hour and a half ago — we've started backfilling the approaches. Those roads will be open for traffic tomorrow," he said.

Contingency plan

- Calgary Transit on Monday relied on 50 shuttle buses to link passengers between damaged track areas. But ridership in the core was only 50 per

cent that of a usual day, director Doug Morgan said, as the area remained mostly closed off while damage assessments were conducted on buildings.

EHS. One small step for animalkind



Jim Whitesell took more than 2,000 photographs of the Edmonton Humane Society for Google Tours. CONTRIBUTED/SHAWNA RANDOLPH

The pets awaiting adoption at the Edmonton Humane Society are about to get a lot more friends visiting them.

EHS has launched a virtual tour of its main building with Google Tours to let the public see what goes on behind the scenes.

"We're hoping more and more people will be drawn to come into the building directly," EHS spokesperson Shawna Randolph said Monday. "It helps connect us with the rest of the world."

The centre is the largest Edmonton building featured in Google Tours, at 47,000 square feet.

"I thought it would be a really good tool for them," said Jim Whitesell, the photographer who approached EHS about the project.

He hopes his photographs enlighten the public, much like the experience of photographing the centre enlightened him. "I have a much better understanding about what goes on at the Edmonton Humane Society now. It's important for everybody to be able to see that."

"It's not just looking at pictures — you're learning about us as you take the tour."

Take the tour at edmonton-humane.com.

PATRICK NGUYEN/FOR METRO

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'Stay away from the river'

The North Saskatchewan River and its surrounding trails in Edmonton remain dangerous, even with the worst of the flooding behind us, city officials said on Monday.

"We're still struggling," said Darrell Reid, parks leader for River Valley Trails. "All the trails below hard surfaces ... are covered in water still. It will be a while before they recede."

Reid said there is no timetable for when the trails will open again.

"It depends right now how long it takes to recede below

the trails."

A flood watch was issued for the Edmonton area on Friday evening.

After peaking at about 9.32 metres on Sunday afternoon, the North Saskatchewan River has been receding by about 10 centimetres per hour, according to Derek Melmoth, director of drainage operations.

Despite this, it is still dangerous, he warns.

"Stay away from the river. The river is not a friendly place right now," he said.

PATRICK NGUYEN/FOR METRO



Derek Melmoth, shown in Louise McKinney Park near the North Saskatchewan River, says the water is receding but the river remains dangerous. PATRICK NGUYEN/FOR METRO

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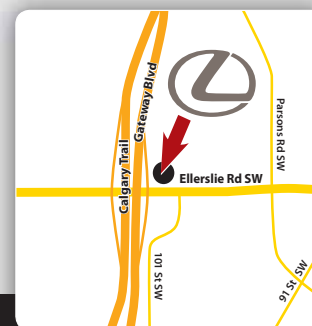
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Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver last month. THE CANADIAN PRESS

B.C. mariner gets four years

Queen of the North. Judge says Karl Lilgert's relationship with quartermaster was significant factor in the fatal sinking

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Ros-

ette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert's relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid bare during the trial.

"Clearly, he was distracted by personal issues related to his relationship with Ms. Briker," Stromberg-Stein said as she read her sentencing

decision on Monday in B.C. Supreme Court.

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert's lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship's navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a "catastrophic dereliction of duty." THE CANADIAN PRESS

Robocalls court case

Tory MPs seeking \$355K in legal costs

Seven Conservative MPs are seeking a combined \$355,907 from a group of voters who went to court and lost their bid to overturn election results in their federal ridings because of misleading robocalls.

THE CANADIAN PRESS

'Baby Mile' Sask.?

Baby on board

A strip of highway near Saskatoon could be renamed the "Baby Mile," as three infants have been delivered on the road in the past 2 1/2 months with the help of 911 dispatchers. MORGAN MODJESKI/METRO IN SASKATOON

Privacy? Poor data-breach tracking, reporting concern privacy commissioner

Two departments

The office says two departments — Fisheries and Oceans and Public Safety — "may lack adequate reporting mechanisms" for alerting the privacy commissioner of a data loss.

725,000 Canadians.

Upon crunching the numbers, the privacy commissioner identified nine departments and agencies that may lack adequate reporting mechanisms, have faulty security procedures or require improved tracking protocols. THE CANADIAN PRESS

Canada's privacy czar has singled out several federal departments for their lacklustre approach to data breaches, citing a need for better reporting, security and tracking protocols.

Privacy commissioner Jennifer Stoddart's office has compiled a preliminary list of agencies with potentially worrisome patterns when it comes to the loss of Canadians' personal information.

The analysis is based on departmental figures tabled in Parliament in April in response to a question from New Democrat MP Charlie Angus.

The response indicated there were more than 3,000 data breaches over a 10-year period affecting about



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Spreading good news. Mormons now knocking on social-media doors

Mormon missionaries will soon spend less time knocking on doors and more time chatting online with potential converts.

Leaders of the Church of Jesus Christ of Latter-day Saints announced the strategy shift Sunday night in Provo, Utah, during a two-hour presentation to mission presidents that was broadcast worldwide.

Church apostles said the change reflects the growing importance of social media and people's preference to connect over sites such as Fa-

Quoted

"The church must adapt to a changing world."

Elder L. Tom Perry of the Quorum of the Twelve Apostles. He said missionaries will be using social media, blogs, email, text messages and the church's website in a limited number of locations this year.

cebook rather than opening their homes to strangers.

The move is the latest step in the loosening of traditionally strict rules for missionaries.

THE ASSOCIATED PRESS

Washington zoo

Panda's breakout short-lived

Animal keepers from the National Zoo have captured a red panda in a Washington neighbourhood after it went missing from its enclosure.

A zoo spokeswoman says

the male, Rusty, was captured Monday in a bush.

Red pandas are slightly bigger than a domestic cat and look similar to a raccoon. They are listed as vulnerable in the wild.

Rusty arrived at the zoo in April and went on exhibit in early June.

THE ASSOCIATED PRESS

Transgender first-grader wins discrimination case



Six-year-old transgender girl Coy Mathis holds hands with her attorney and her mother at a news conference in Denver on Monday. The Colorado Civil Rights Division has ruled in favour of Coy, whose school had barred her from using the girls' bathroom. ED ANDRIESKI/THE ASSOCIATED PRESS

Complaint. Parents said they were told in December that the six-year-old was not allowed to use the girls' bathroom

A six-year-old transgender girl will be able to return to school after winning the right to use the girls' bathroom.

The New York-based Transgender Legal Defence and Education Fund announced the ruling in favour of Coy Mathis on Sunday.

The group filed the complaint on behalf of Kathryn and Jeremy Mathis, claiming that the first-grader had been discriminated against at Eagleside Elementary School in Fountain, near Colorado Springs. The Mathises feared going along with the school's order would stigmatize Coy and open her up to bullying. She was homeschooled as the

Gender identity

The Mathises said Coy, a triplet, showed an early preference for things associated with girls.

- She showed little interest in toy cars and boy clothes with pictures of sports, monsters and dinosaurs. She refused to leave the house if she had to wear boy clothes and became depressed and withdrawn.
- The Mathises said they decided to help Coy live as a girl and she came out of her shell.

complaint was considered.

School districts in many states, including Colorado, have enacted policies that allow transgender students to use the bathroom of the gender with which they identify. THE ASSOCIATED PRESS



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In this file photo taken in 2009, then-Italian Premier Silvio Berlusconi gestures as he attends a meeting in Milan. A court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. THE ASSOCIATED PRESS FILE

Berlusconi will appeal sex-for-hire conviction

Possible end of political career. The former Italian premier, 76, was sentenced to seven years in prison, but it's not over yet

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more

levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolò Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested. **THE ASSOCIATED PRESS**

Fugitive. Americans urge Russia to turn over leaker Snowden, if he's there

The U.S. grasped for help Monday from both adversaries and uneasy allies in an effort to catch fugitive National Security Agency leaker Edward Snowden. The White House demanded that he be denied asylum, blasted China for letting him go, and urged Russia to "do

the right thing" and send him back to America to face espionage charges.

Snowden was believed to be in Russia, where he fled Sunday after weeks of hiding out in Hong Kong after his disclosure of classified surveillance programs. **THE ASSOCIATED PRESS**

U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper

published claims Monday that the officer infiltrated anti-racism protest groups in a bid to discredit the family of Stephen Lawrence, 18. "To hear that, potentially, the police ... were actually undermining them — that's horrific," Cameron said.

THE ASSOCIATED PRESS

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HBC eyes Saks Inc. purchase

Department stores.

Retailer is said to be interested in buying prestigious U.S. chain

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.



Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. THE ASSOCIATED PRESS FILE

The source said Hudson's Bay is one of a number of potential buyers vying for Saks, which means that a deal could happen quickly. One of the reported obstacles of the acquisition is the current valuation. "There are other people that are also considering (Saks)," said the source. HBC declined to comment on the report.

Retail consultant Wendy Evans said this acquisition would be a smart move for HBC, because its CEO is an American and the company

Quoted

"It would be a good strategic step. It would widen their brand presence, obviously, and could certainly provide the entry into Canada for Saks."

Retail consultant Wendy Evans

already owns 48 Lord & Taylor department stores in the eastern U.S.

THE CANADIAN PRESS

Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a \$10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Dueling Donuts.

Priestley had a cameo in an episode of the sitcom *How I Met Your Mother* last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to try to beat the Priestley.

Faux doughnut



The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of *How I Met Your Mother*, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. THE CANADIAN PRESS

Detroit

2 U.S. McDonald's stop selling halal food after lawsuit

The only two McDonald's restaurants in the U.S. that serve food prepared according to Islamic law have stopped doing so.

The company and a Michigan franchise owner agreed to a \$700,000 US legal settlement in April after a customer sued.

The firm said the locations in the Detroit suburb of Dearborn, which has a large Muslim population, no longer offer a halal McChicken sandwich or Chicken McNuggets "to focus on our national core menu." THE ASSOCIATED PRESS

New York

New Samsung tablets mimic Galaxy phones

Samsung is expanding its lineup of tablet computers and making them look more like its Galaxy smartphones, as it hopes to translate its success in phones to the tablet market, where Apple is dominant.

The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7. The cheapest, a \$199 US device, has a screen that measures seven inches diagonally. THE ASSOCIATED PRESS

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges.

THE CANADIAN PRESS

Market Minute

	DOLLAR 95.37¢ (-0.27¢)
	TSX 11,836.86 (-158.80)
	OIL \$95.18 US (+\$1.49)
	GOLD \$1,277.10 US (-\$14.90)

Natural gas: \$3.74 US (-3¢)
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Epidemic of wilderness vandalism plagues U.S. sites

A man slips while going down a waterfall near graffiti-covered rocks at Sapphire Falls in Cucamonga Canyon on Sunday in the Angeles National Forest near Rancho Cucamonga, Calif. In response to massive graffiti vandalism, the city of Rancho Cucamonga is denying access through non-national forest land, actively enforced with \$250 US citations. While hikers must now use difficult and dangerous routes on national forest land to reach the popular falls, teams of graffiti vandals continue to spray-paint the area at will. An epidemic of vandalism against natural, archeological and historical sites has also led to the closure of historic Barker Dam and the popular Rattlesnake Canyon hiking area of the Wonderland of Rocks in Joshua Tree National Park.

DAVID MCNEW/GETTY IMAGES

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KIMYE PUT DAUGHTER ON THE MAP

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their first-born. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand



SHE SAYS
Jessica Napier
metronews.ca

name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jo-
lie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target

for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knoth" with a silent K.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Thanks for the lift through London



JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. **METRO**

Q and A

It's 'impossible to explain,' he says



DYNAMO
Real name: Steven Frayne,
30, magician, from Bradford,
northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great land-

marks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular

with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca



BRENDA STARR/FICKER

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike *The Moth*. Except completely unlike *The Moth* in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, *True Story* tends to be a little more emotionally raw when compared to the antics of *Risk!*, but that

doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

Donna posted to metronews.ca

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his *A River Runs Through It*. That was off the heels of his *Thelma and Louise* breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in *Benjamin Button*.



George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on *Facts of Life* and a scene stealer on *Roseanne*. It wasn't until *E.R.*, at 33, that he became sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.



Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.



Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until *Gladiator* at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's *Proof*.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.



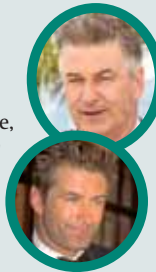
Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.



Alec Baldwin

Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in *The Getaway* with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of *30 Rock*, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.



Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the *En Vogue/Salt-n-Pepa* song *Whatta Man* as having the ideal face (though a Schwarzenegger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.



Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of *The Streets of San Francisco*, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer *Liberace* opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).



Harrison Ford

Age: 70
First blush: Even before *Star Wars*, he was a scruffy-looking go-getter, who stole bits of American Graffiti.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in *Morning Glory* and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.



DVD reviews



The Incredible Burt Wonderstone

Director: Don Scardino

Stars: Steve Carell, Steve Buscemi, Jim Carrey

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of *The Incredible Burt Wonderstone*. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's *30 Rock*) and scripted by *Horrible Bosses* writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laughter, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

Director: Pablo Larraín

Stars: Gael García Bernal, Alfred Castro

Gael García Bernal plays a Chilean version of *Mad Men*'s advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larraín's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael García Bernal and Larraín.

PETER HOWELL

2 SCENE

'I don't really cater to what's going on in hip-hop'

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hardcore rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa's Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect "vintage Ice Cube" on his forthcoming album, *Everythang's Corrupt*.

"Everything that you've ever gotten from me, I deliver on this record," he says. "My style is straight street knowledge. I don't really



Ice Cube — born O'Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with Friday director F. Gary Gray. ALL PHOTOS GETTY IMAGES

cater to what's going on in hip-hop or what's going on in the industry, so to speak. I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don't want to have to worry about no program director here or no A&R there. That makes it a drag, and being

independent, I can just go feel."

While he wraps up his

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The Hole story

Go on, take everything!

- Love says that since her last full release, the 2010 *Hole* album *Nobody's Daughter*, she has given up the *Hole* moniker and the idea of any sort of reunion with the formative lineup, which included drummer Patty Schemel, guitarist Eric Erlandson and bassist Melissa Auf der Maur.
- "I would be happy — as much as I love Shawn (Dailey, bassist) — to take Melissa back, but Melissa

won't do it unless Eric does it, and I'm not doing it with Eric," she says at an uninterrupted pace. "I just won't do it. The guy went into my storage, took 74 guitars out of storage, took my entire backline, which is Kurt's backline, so one side says *Hole*, the other side says *Nirvana*. ... I'm about to start pressing charges against him on like, robbery, a whole bunch of criminal matters. ... I really can't envision touring with that a—hole, so that's the end of that."

documentary," she says at one point.

Love insists this tour is not a greatest hits show. She says she has an album's worth of new material recorded and will be drawing from those songs.

"I'm not playing the singles though, which are the funnest ones," she says. "I don't want them to leak."

So if the only new songs she's playing are not the so-called funnest ones, how does

Public preference

Ice isn't shy about revealing who his favourite emcee on the tour is. That's because it's his favourite rapper of all-time: Public Enemy's Chuck D.

- "It's like being on tour with your big brother," Cube says. "He's just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain't just rapping no bulls—."



- "It's something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That's great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it's good that he sticks to the script."

10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment *Last Friday*.

"We're trying to get it done," he says. "New Line has really been neutered by

Time Warner, so they can't do as many movies as they usually do per year. So it's just a fight to get *Last Friday* on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole."

No Love lost between Courtney and world

Unfinished legacy. The rocker has choice words for promoters, former bandmates and, well, just about everybody else

PAT HEALY
Metro World News

When interviewing Courtney Love, you don't want to upset her, especially within the first minute.

We begin innocuously enough by asking about her current tour, which we saw listed on one venue's website as, "Courtney Love performing

songs from *Live Through This*, *Celebrity Skin* & *Nobody's Daughter* including *Violet*, *Miss World*, *Celebrity Skin*, *Malibu*, *Skinny Little Bitch* & *More!*"

This is news to her, and she vows to let the responsible parties know her thoughts. "I'm gonna tear someone's f—ing head off," she says.

Through all of the tangents the rest of the call takes — and it takes many, from Rod Stewart to investment strategies — she keeps returning to this new info. And whatever commentary isn't about how her show was advertised is peppered with similar bitterness.

"If you want to see something really miserable, watch that Pixies reunion frickin'



Those happy party-goers in the back may not stay so smiley if Courtney decides to aim her ammo at them. GETTY IMAGES

she stay fresh?

"I stay fresh and dainty all the time, and I'm really good at taking baths," she jokes, pick-

ing apart the phrasing of this reporter, "but beyond that, I'm not ever going to do that oldies circuit thing ever."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

At least Kanye and Kim's daughter has some direction



THE WORD
Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their



'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?



Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

Twitter



@Pink

I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.



@kirstiealley

this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins



@TheRealNimoy

Alaska. First time here since 1972. Great people. Amazing state.



Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but



Will Smith

he'd also be too much of a marquee name," Emmerich says.



George Lucas and Mellody Hobson

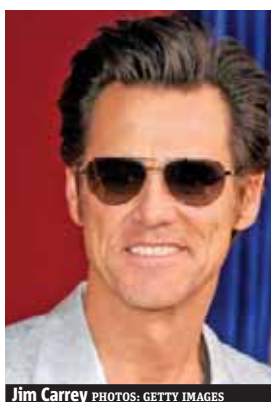
May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's

Skywalker Ranch. Lucas and Hobson began dating in 2006 and were engaged in January. He was previously married to film editor Marcia Lucas from 1969 to 1983.

Carrey doesn't think his new film is Kick-Ass

Jim Carrey is publicly distancing himself from his upcoming super-violent comic book film, Kick-Ass 2 in light of his recent anti-gun stance. "I did Kick-Ass a month (before) Sandy Hook and now in good conscience I cannot support that level of violence," Carrey posted to Twitter, referencing the Newtown, Conn., elementary school shooting that left 26 dead. "My apologies to others (involved) with the film. I am not ashamed of it, but recent events have caused a change in my heart."



Jim Carrey PHOTOS: GETTY IMAGES



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Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers four super simple moves to help you fix some common issues

ROMINA MCGUINNESS



My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback

Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets.
Benefits: This shapes the whole arm

My thighs touch, get sandy and give me a rash.

Do side-to-side lunges

Get into it: Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.
Benefits: Tones and tightens thighs.

I have a flat, saggy bum.

Do bear crawl butt squeezes

Get into it: Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.
Benefits: This will firm and tighten your bum by firing up your glutes.

I have man boobs.

Do chest presses

Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only, bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week
Benefits: No man boobs.

Smart nutrition

What to eat

"Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

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The skinny on three recent fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH ENGEL

Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet

What it is
Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro

"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author

Need to know tip

The only weight loss advice you'll ever need

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "If you need to lose weight, set your goal for losing 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con

"I'm promoting the healthiest, most real foods — so

if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.

The 5:2 Bikini Diet

What it is
Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).

Pro

"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con

"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous



Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

amount of weight in a short amount of time."

The blood type diet

What it is
Your blood type is thought to have an impact on your digestive system — some do better on plant-based or low-carb diets, for example.

Pro

"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout. "On that level, (though) less intense, if you don't eat the correct foods, nor exercise the cor-

rect way, you're not gonna yield as good results."

Con

"The foods suggested are healthy; however any diet that promotes restricting food groups is hard to sustain," says The Small Change Diet author Keri Gans.

Neuroscience

Big brains delve deeper with BigBrain

In what's being called a landmark development for neuroscience, researchers have created a 3D digital reconstruction of a complete human brain that for the first time shows the organ's complex anatomy at the cellular level.

Dubbed BigBrain, the computer-based map of

the brain provides a spatial resolution of 20 microns — smaller than the width of a single strand of human hair and 50 times more refined than existing reference brains available for scientific study. The map permits scientists to zoom into the brain to view various cells in the same way Google Earth allows web users to zero in on a house on a particular street.

"This allows us a completely new level of insight into the brain's organization," said co-developer Alan Evans of the Montreal Neurological Institute at McGill

University.

"What this allows us is to further examine the interaction between different brain regions, the organization of the brain and how it observes behaviour — how it underpins how our brains work and how we function as human beings," said Evans, director of the Montreal Consortium for Brain Imaging Research.

To construct BigBrain, scientists studied the brain of an unidentified 65-year-old woman, who had died with no evidence of neurological disease. **THE CANADIAN PRESS**

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Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

Summer paradise, without the allergies, asthma and achoos

Bless you! Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

ALISON BOWEN
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy.

Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a

warm city creates high ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside allergens, either, he says — just be careful not to bring them into bed when you get home.

For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example,

Keep them clean

"Dunk them in the shower before they go to bed at night. It's really the super simple things."

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises.

And if nothing else?

"Dunk them in the shower before they go to bed at night," he says. "It's really the super simple things."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

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When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

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Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
1/4 cup fresh blueberries
1/2 banana
1/4 tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy



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Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca



The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

**AVEDA SUN CARE
HAIR AND BODY CLEANSER**
\$21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.



**KIEHL'S CROSS-TERRAIN
FACE PROTECTOR SPF50**
\$26, KIEHLS.COM

City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.



**ANTHONY NATURAL
ADVANCED FORMULA
LIP BALM SPF 25**
\$8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.



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Don't be shady, wear the right sunglasses

Eye care. It's not just about what looks good — make sure your sun protection is actually protecting you

When it comes to eye health, most damage comes from UV light. During summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care. "Over time, it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses year-round protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

"The most common part of the body for skin cancer is the tip of the nose," Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage." So how do you choose a good pair? Here are Hansra's tips.



Choosing sunglasses is serious business. ISTOCK PHOTOS

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says.

Not sure about your glasses' protection level? Your local optometrist can test the UV prescription.

Need to know

Getting pupil pointers

- Report.** A report from the Healing The Eye and Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macula. But you shouldn't worry, Dr. Hansra says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too." **METRO**

Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high



This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low.

Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. **CHEF RICHARD JULIEN/**

Ingredients

- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper
- Fontina Cheese Sauce**
- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml) grated Canadian Fontina, smoked Gouda or Oka cheese

DAIRY FARMERS OF CANADA

Health Solutions

Sumac: Not just for shade



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or

"rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM

Dinner. Creamy 'Tandoori' Style Shrimp



1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions and lime wedges.

CHEF MICHAEL ALLEMEIER/ DAIRY FARMERS OF CANADA

Ingredients

- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (60 ml) each, chopped cilantro and mint
- 2 cloves garlic, minced
- Finely grated zest and juice of 1 lemon
- 2 tbsp (30 ml) each, ground coriander and paprika
- 1 tbsp (15 ml) ground cumin
- 1 tbsp (15 ml) finely chopped ginger root
- 1 tsp (5 ml) tomato paste
- 1/2 tsp (2 ml) each, ground cinnamon, pepper and salt
- 1 lb (500 g) 16 to 20 shrimp, shelled and deveined
- 2 green onions, thinly sliced
- 1 lime, cut into wedges

Rethink classic Surf and Turf

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring

Ingredients

For the steak

- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

For the ceviche

- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed



This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with

salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and

adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, then grill 5 minutes per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. **THE ASSOCIATED PRESS**

World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us
METRO



The Designer

Princess Sirivannavari Nariratana of Thailand
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej.
Family fortune: \$30B
Interest: Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.
Likely haunt: The Grand Palais — venue for Paris fashion week.



The Party Boy

Prince Azim of Brunei
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.
Family fortune: \$5B
Interest: Designing bags. Azim has made unisex bags for luxury leather goods group MCM.
Likely haunt: Stapleford Park country house hotel, England — his party venue.



The Actress

Princess Theodora of Denmark and Greece.
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.
Family fortune: \$15M
Interest: Acting. Theodora also enjoys hanging out with La-la Land's social and cultural elite.
Likely haunt: CBS Studios, L.A. — where The Bold and the Beautiful is made.



The Army Man

Prince Harry of Wales
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.
Family fortune: \$42.5M
Interest: Polo. Harry loves to show off his talent at charity polo matches.
Likely haunt: Mahiki nightclub in London's swanky Mayfair district.



The Fashion Writer

Elisabeth von Thurn und Taxis
Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at Vogue.
Family fortune: \$2.3B
Interest: Writing. And her ancestors are even credited with inventing Europe's postal service.
Likely haunt: The Beatrice Inn — celebrity hangout in Manhattan.



The Businessman

Prince Lorenzo Borghese
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show The Bachelor.
Family fortune: \$50M
Interest: Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.
Likely haunt: Royal Pet Club — his company based in Bernardsville, New Jersey.

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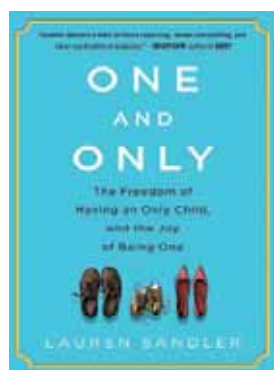
The one and only! No siblings? No problems

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, *One and Only: The Freedom of Having an Only Child, and the Joy of Being One*. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was "stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), *One and Only* lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."



Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

The good news about only children

Research. In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.

- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.

- A single child decreases a mother's employment by

about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).

- Sixty per cent of men say they are struggling with the demands of work and family.

The financial reality:

- A child born in 2011 will cost an average of \$235,000 to raise to age 18.

Clear out, clean up and make some money – a very appealing prospect!



Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it

Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-

lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it

A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore

colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it

Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well

Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait

Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s. The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

What's your biggest risk?

Volatility

This is caused by market fluctuations. For example, volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments. By talking to a qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that will grow your capital even in periods of high volatility.

Setting your priorities

Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency? Having the full picture of your financial situation will put you in a better position to achieve your goals.

Become a super-saver

Get into the habit of forcing yourself to save. While this takes discipline at first, you'll appreciate the effort you put in when an emergency arises like an illness, accident or a job loss.

Usually, a good emergency fund is the equivalent of three months' worth of living expenses. Begin by saving the equivalent of one month's groceries. With each paycheque, put aside one to 10 per cent into a separate account — like a TFSA. And remember: it's more important that you're saving than the total amount that you're saving each month.

Time's on your side

The impact of volatility on your savings depends on your investment horizon.

In other words: the longer you have to invest, the more



It's time to create a solid financial plan. ISTOCK IMAGES

likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance that you can achieve your goals over the target period, despite occasional market downturns.

Diversification

Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility.

NEWS CANADA

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.

metro

BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

“Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease,” says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. “They suffer in silence and, often, we don’t realize they are in pain until it becomes a very big problem.”

“The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss.”

One good way to ensure your dog’s mouth stays healthy is daily brushing. Occasional brushing is actually counter-productive because “it smoothes tarter, making it more difficult to remove. And if your dog’s mouth is sore, it will make him reluctant to have his teeth brushed,” French says.

Also, regular veterinary checkups will ensure that your dog’s mouth is healthy.

Even if you brush your dog’s teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn’t possible to do the job properly without anaesthesia.

“While it may be possible to remove some tartar buildup on the outside surfaces, it isn’t possible to effectively clean and polish areas below the gum line or on the inside of the teeth,” French says. “And pet owners shouldn’t try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly.”

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog’s teeth clean and gums healthy. Depending on your dog’s oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog’s teeth and gums healthy and its breath fresh.



STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

“Especially in spring and summer when the grass is fresh, grass tastes good to dogs,” says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

“Sometimes if the grass doesn’t agree with a dog, she’ll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting.”

In summation, if your dog loves grass, that’s fine. If its reaction to eating grass is to vomit, that’s probably OK. But if it



AVAVA/VEER

continues, better see your vet.

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds,

onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

“Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage,” Bryer says. “Also, mould from

garbage can have toxins that can cause dogs to have tremors or even seizures.”

TABLE SCRAPS

Most dogs love to eat food off your table.

“Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them,” Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that’s the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

NEW

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Do you really know what's in your dog's bowl?

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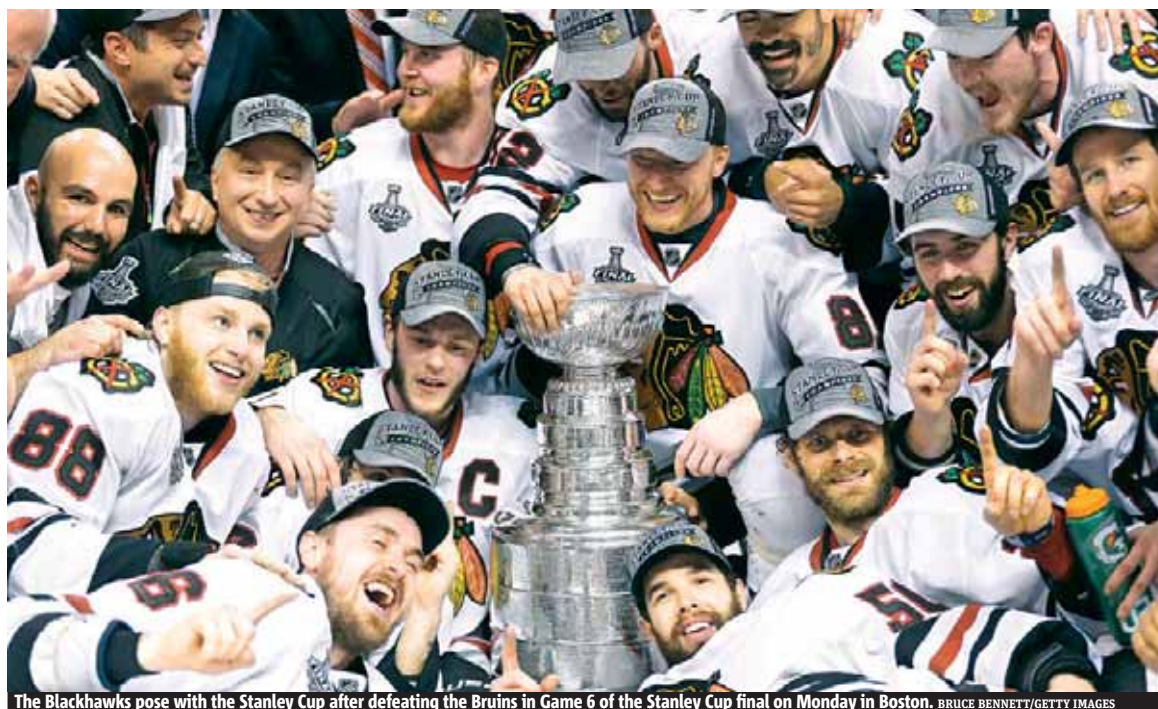
- ✓ **NO Sugar Added**
- ✓ **NO Dyes**
- ✓ **NO Artificial Preservatives**

Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca



SHINING A LIGHT
ON GREAT INNOVATION

AVAILABLE AT  **TARGET**



The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

Blackhawks shock Bruins to clinch cup

NHL. Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday as the Chicago Blackhawks won the Stanley Cup in dramatic fashion with an amazing 3-2 last-minute comeback victory over the Boston Bruins in Game 6.

Milan Lucic's third-period

Game 6	
3	2
Blackhawks	Bruins

goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the

puck out of their zone.

Bolland then put the Blackhawks ahead at 19:01, stunning the Bruins and the previously raucous crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. The captain was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," Toews said. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group."

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves.

THE CANADIAN PRESS

NBA

Heat bask in latest championship

LeBron James stood atop a double-decker bus with a cigar in his mouth for the parade. Shane Battier blew kisses to the crowd. Dwyane Wade raised three fingers aloft.

By now, the Miami Heat have figured out how to enjoy a party. Players, families, staff and friends crammed buses, flatbed trucks and cars for the parade honouring the Heat title, with the caravan snaking its way through Miami amidst an estimated crowd of 400,000 on Monday.

THE ASSOCIATED PRESS

Aaron Hernandez

Officers don wetsuits in search near Pats TE's home

Police again searched the area near the home of New England Patriots tight end Aaron Hernandez, a week after his friend's body was found about a mile away.

Some police officers wore wetsuits Monday while searching woods near Hernandez's home, not far from the industrial park where Odin Lloyd's body was found.

Lloyd, a 27-year-old semi-pro football player for the Boston Bandits, was found slain June 17. His relatives said he was dating the sister of Hernandez's fiancée, that the two men were friends and that both men were out together on the last night of Lloyd's life.

THE ASSOCIATED PRESS

Rays put end to Jays' 11-game win streak



Rays rookie Wil Myers hits a second-inning home run against the Blue Jays on Monday night in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

Three quick homers and strong pitching by the Tampa Bay Rays put an end to Toronto's winning streak.

Jeremy Hellickson allowed one hit in seven shutout innings and rookie Wil Myers homered in his home debut, helping the Rays beat the Blue Jays 4-1 on Monday night to end Toronto's 11-game surge.

"I think that, to go on that streak, we had to believe that we were able to do that," Blue Jays catcher J.P. Arencibia said. "I don't think the belief has changed at all. We had a good

run, game over, and come back tomorrow."

Myers hit the second of three straight Tampa Bay homers in the second, connecting in his first at-bat at Tropicana Field. He received a standing ovation from a crowd of 11,407 getting its initial close-up view of the key acquisition in the off-season trade that sent pitchers James Shields and Wade Davis to Kansas City for the power-hitting right-fielder and other prospects.

"He's got it all," Blue Jays manager John Gibbons said.

"He's got a chance to be a really, really good player. It's all in there."

Myers' drive to centre off Esmil Rogers (3-3) was sandwiched between home runs by James Loney and Sam Fuld as Tampa Bay went deep three times within a span of eight pitches. Luke Scott added a bloop RBI double to make it 4-0 in the third, and that was all the support Hellickson needed.

"I was a little scared to throw my breaking pitch," Rogers said. "I don't know why."

THE ASSOCIATED PRESS



Rafael Nadal wipes himself with a towel during a break in his first-round singles match against Steve Darcis at Wimbledon, Monday. Nadal was upset by the 135th-ranked Belgian. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Nadal makes no excuses in 1st-round upset at Wimbledon

Tennis. Belgian Steve Darcis becomes the lowest-ranked player to beat Spaniard at any tournament since 2006

For the second straight year, Rafael Nadal is leaving Wimbledon early after a stunning loss to a little-known player ranked in the hundreds.

In one of the tournament's greatest upsets, an ailing Nadal was knocked out in straight sets Monday by 135th-ranked Steve Darcis of Belgium — the Spaniard's first loss in the opening round of any Grand Slam event.

The free-swinging Darcis defeated the two-time champion 7-6 (4), 7-6 (8), 6-4 on Court 1, ending Nadal's 22-match win-

ning streak and eliminating one of the Big Four of men's tennis on the very first day of the grass-court Grand Slam.

After serving an ace down the middle on match point, Darcis conceded he was as surprised as everyone.

"Nobody was expecting me to win," he said. "So I had to play a good match, relax and enjoy the game. That's what I did."

There were no surprises for the other big names: Defending champion Roger Federer, bidding for a record eighth Wimbledon title, and second-seeded Andy Murray both won

in straight sets on Centre Court.

Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year. He seemed to be struggling physically Monday. He was unable to turn on the speed or use his legs to spring into his groundstrokes, limping and failing to run for some shots.

Nadal declined to blame any injury and gave full credit to the 29-year-old Darcis, who had never beaten a top-five player before and has yet to go beyond the third round of any Grand Slam.

THE ASSOCIATED PRESS

Another early exit

"Only thing that (I) can say today is congratulate Steve Darcis. He played a fantastic match. Everything that I will say ... about my knee is an excuse." Rafael Nadal

Canadians

It was a successful start to Wimbledon for Canadians Eugenie Bouchard and Vasek Pospisil.

- Bouchard, a Montreal native, rallied to defeat Galina Voskoboeva of Kazakhstan 5-7, 7-6 (5), 6-4 on Monday in her Wimbledon main draw debut. "I came close to losing but I was able to fight my way back. I'm happy for that," she said.
- Later in the day, Vancouver's Pospisil, ranked No. 99, beat 131st-ranked Marc Giquel of France 6-3, 6-2, 7-6 (3).



Eugenie Bouchard serves at Wimbledon. THE ASSOCIATED PRESS

MLB				
AMERICAN LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Boston	45	33	.577	—
New York	41	34	.547	2½
Baltimore	42	35	.545	2½
Tampa Bay	40	37	.519	4½
Toronto	38	37	.507	5½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	42	32	.568	—
Cleveland	39	36	.529	3½
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½
WEST DIVISION				
	W	L	Pct	GB
Texas	44	32	.579	—
Oakland	44	34	.564	1
Seattle	34	43	.442	10½
Los Angeles	33	43	.434	11
Houston	29	48	.377	15½
Monday's results				
Tampa Bay 4 Toronto 1				
Cleveland 5 Baltimore 2				
Sunday's results				
Toronto 13 Baltimore 5				
Detroit 7 Boston 5				
Kansas City 7 Chicago White Sox 6				
Minnesota 5 Cleveland 3				
Pittsburgh 10 L.A. Angels 9 (10 innings)				
Seattle 6 Oakland 3 (10 innings)				
Tampa Bay 3 N.Y. Yankees 1				
Tuesday's games — All Times Eastern				
Cleveland (Masterson 9-5) at Baltimore (Tillman 8-2), 7:05 p.m.				
Texas (Darvish 7-3) at N.Y. Yankees (Kuroda 7-5), 7:05 p.m.				
L.A. Angels (Wilson 6-5) at Detroit (Porcello 4-4), 7:08 p.m.				
Colorado (Nicasio 4-3) at Boston (Dempster 4-8), 7:10 p.m.				
Toronto (Buehrle 4-4) at Tampa Bay (Moore 9-3), 7:10 p.m.				
N.Y. Mets (Wheeler 1-0) at Chicago White Sox (Sale 5-6), 8:10 p.m.				
St. Louis (Westbrook 3-2) at Houston (Bedard 2-3), 8:10 p.m.				
Atlanta (Medlen 4-7) at Kansas City (Santana 5-5), 8:10 p.m.				
Cincinnati (Arroyo 6-5) at Oakland (Milone 6-7), 10:05 p.m.				
Pittsburgh (Locke 6-1) at Seattle (Saunders 5-7), 10:10 p.m.				

NHL PLAYOFFS				
STANLEY CUP FINAL				
(Best-of-7)				
CHICAGO (W1) VS. BOSTON (E4)				
(Chicago wins series 3-2)				
Monday's result				
Chicago 3 Boston 2				
Saturday's result				
Chicago 3 Boston 1				
BLACKHAWKS 3, BRUINS 2				
First Period				
1. Boston, Kelly 2 (Seguin, Paille) 7:19				
Penalties — Oduya Chi (hooking) 10:40, Rozsival Chi (high-sticking) 18:25.				
Second Period				
2. Chicago, Toews 3, 4:24				
Penalties — Shaw Chi (roughing) 2:24, Seabrook Chi (tripping) 5:12, Seguin Bos (hooking) 13:57.				
Third Period				
3. Boston, Lucic 7 (Krejci) 12:11				
4. Chicago, Bickell 9 (Toews, Keith) 18:44				
5. Chicago, Bolland 3 (Frolik, Oduya) 19:01				
Penalty — Kelly Bos (high-sticking) 14:21.				
Shots on goal by				
Chicago	6	9	16	—31
Boston	12	6	7	—25
Goal — Chicago: Crawford (W, 16-7); Boston: Rask (L, 14-8). Power plays (goals-chances) — Chicago: 0-2; Boston: 0-4.				
Attendance — 17,565 at Boston.				
RECENT CHAMPIONS				
2012-13 — Chicago Blackhawks				
2011-12 — Los Angeles Kings				
2010-11 — Boston Bruins				
2009-10 — Chicago Blackhawks				
2008-09 — Pittsburgh Penguins				
2007-08 — Detroit Red Wings				
CFL				
REGULAR SEASON				
WEEK ONE				
Thursday's game — All Times Eastern				
Montreal at Winnipeg, 9 p.m.				
Friday's games				
Hamilton at Toronto, 7 p.m.				
B.C. at Calgary, 10 p.m.				
Saturday's game				
Saskatchewan at Edmonton, 3:30 p.m.				

Distribution Auditor (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Calgary is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Calgary" in the subject line. All submissions will be treated as confidential.

Horoscopes

Aries

March 21 - April 20

A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

Taurus

April 21 - May 21

Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

Gemini

May 22 - June 21

Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

Cancer

June 22 - July 23

Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

Leo

July 24 - Aug. 23

If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

Virgo

Aug. 24 - Sept. 23

You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

Libra

Sept. 24 - Oct. 23

This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

Scorpio

Oct. 24 - Nov. 22

Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

Sagittarius

Nov. 23 - Dec. 21

You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

Capricorn

Dec. 22 - Jan. 20

A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

Aquarius

Jan. 21 - Feb. 19

The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

Pisces

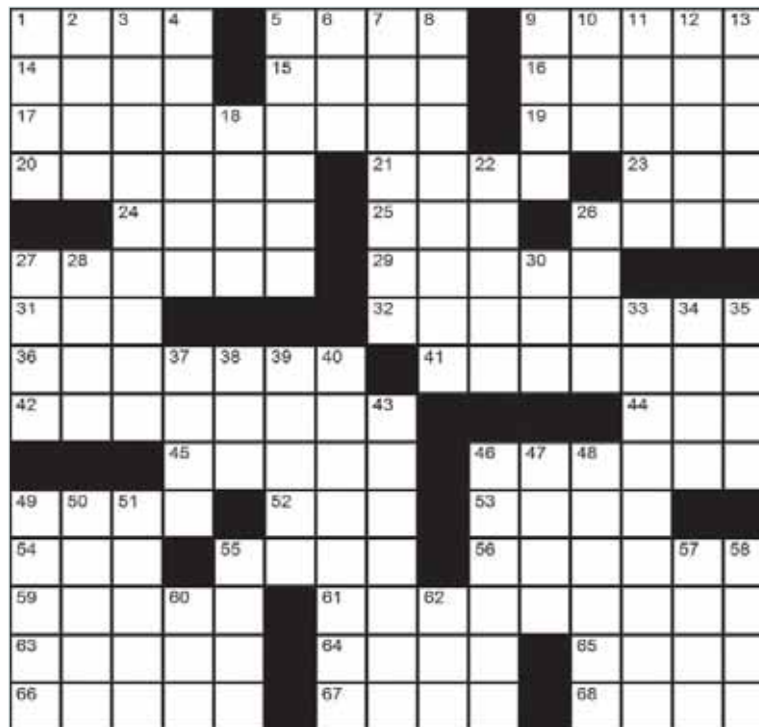
Feb. 20 - March 20

Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by ____ Young
25. Curly's pal
26. "Guarding ____" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad ____ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!



52. "A Nightmare on ____ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, ____

- Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. ____ State (University from the song at #24-Across)
65. Consequently

66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity **Down**
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. ____ Bay (Bay of Fundy inlet)

4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part

9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. ____ Canada (Government agency)
34. Give a job to
35. "How sweet ____!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. ____ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend ____ (Listen): 2 wds.
51. ____ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

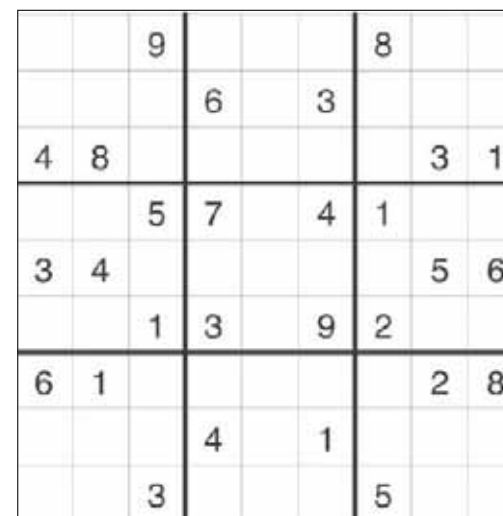


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 22°
MIN: 14°

WEDNESDAY

MAX: 20°
MIN: 14°

THURSDAY

MAX: 25°
MIN: 13°



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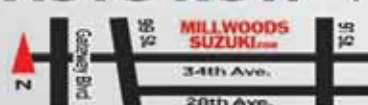
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